

6. (Amended) A capsule consisting essentially of linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty acid (n-3, 18-3) wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said capsule is 0.05-2.0.

8. (Amended) An oil consisting essentially of linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty acid (n-3, 18-3) wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said oil is 0.05-2.0.

19. (Amended) A food comprising the unsaturated fatty acid composition as claimed in claim 2, wherein the unsaturated fatty acid component of the food consists essentially of linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty acid (n-3, 18-3), wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said lipid component is 0.05-2.0.

21. (Amended) A dietary supplement consisting essentially of linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty acid (n-3, 18-3) for administration to an animal such that the weight ratio of the daily supply of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said animal is 0.05-2.0.

23. (New) A method of preparing a foodstuff, consisting of adding an amount of the composition as claimed in claim 2 to the foodstuff.

24. (New) The method as claimed in claim 23, wherein the foodstuff is as claimed in claim 19.

25. (New) The method as claimed in claim 24, wherein the foodstuff is as claimed in claim 20.